

Feverfew

Botanical name: *Tanacetum parthenium*

Energetics/Actions: Bitter, pungent, diaphoretic, cool, analgesic, vasodilator (to the head), relaxing, digestive

Description

Feverfew was used traditionally to treat fevers, as it is diaphoretic (causes the body to sweat) and has a cooling effect. Herbalists use it to treat pain in the head in general, including headaches, muscle tension and toothache pain. It grows in gardens and along roadsides. The flowers of feverfew look very much like chamomile but the leaves are different. Like Butterbur, it is used to treat migraine headaches.

Uses

Headaches and migraines: Used to prevent and stop migraine headaches.

Dose

Tea: 1-3 teaspoons fresh herb in hot water steeped for 10 minutes up to 3 times a day.

Capsule: Freeze dried: 100-300 mg up to 4 times a day as needed.

Tincture: ½ teaspoon up to 3 times a day.

*Works well combined with white willow or ginger.

Safety Information

Do not use in pregnancy or breastfeeding. May cause reaction in people with allergies to plants in the Aster family (for example: daisies, ragweed). Talk to your health care provider if you are taking blood thinners or other medications.

